

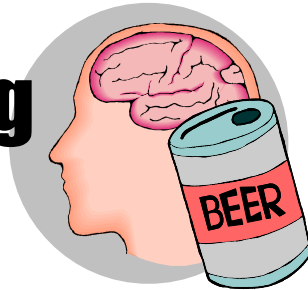
## Know about Colorectal Cancer

**C**olorectal Cancer (CRC) is the leading cause of cancer deaths in the United States among nonsmokers. Nearly 50% of people between 50 and 75 years of age have not been screened for CRC. The good news is that CRC deaths are dropping because of education and the willingness of people to get screened for it. What about you? Have you been screened? Talk to your doctor or health care provider to learn about screening options, how early you should get screened, associated risks, and your next steps. Avoid being one of the 140,000 people diagnosed each year with CRC.



## Binge Drinking and the College Brain

**C**ould binge drinking and its effect on cognition be the cause of the surprising decline in the academic performance of your college student? The American Medical Association has compiled evidence that the brains of teenagers and young adults are more sensitive to the negative effects of alcohol from binge drinking than those of mature adults. Researchers found that young binge drinkers do worse on memory, learning, and thinking tests. Girls do worse on spatial relations and boys do worse on attention.



Source: American Medical Association's *Report on Alcohol's Adverse Effects on the Brains of Children, Adolescents, and College Students*, 2009.

## New Information on Inhalant Abuse

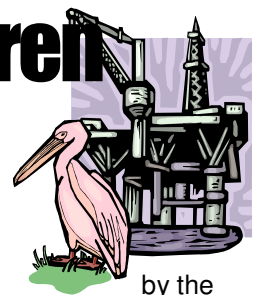
**R**esearch shows that a 12-year-old will more likely use an inhalant to get high than any other substance, except alcohol including cigarettes, marijuana, hallucinogens, cocaine, and prescription drugs. The same pattern was found in both girls and boys. Inhalants are legal, everyday products, such as spray paints, glue, and gasoline. When they are used as inhalants, these substances can be dangerous and even deadly. Some indicators of inhalant abuse may include hiding rags or empty containers of the abused products in one's room/closet, unusual body odors, dazed looks, or dizziness.



Source: *National Survey on Drug Use and Health, 2010* and Consumer Product Safety Commission: *A Parent's Guide to Preventing Inhalant Abuse*, #389

## Talking to Children about the Oil Spill Disaster

**L**ike other national and international disasters, the grief, loss, and change caused by the oil spill disaster can leave children feeling frightened, confused, and insecure. Children may experience personal consequences of the oil spill through their family or community, television, or conversations among adults. Parents and educators can respond to emotional or physical reactions with the help of a new resource, *Tips for Talking to Children and Youth About the Oil Spill*. Search and find it at <http://samhsa.hhs.gov/Disaster/traumaticevents.aspx>



Source/Search: "Tips for Talking to Children and Youth About the Oil Spill Disaster", [www.Samhsa.gov](http://www.Samhsa.gov)

## Dealing with Grief—Some Dos and Don'ts



**G**rief is painful, but it is a natural part of healing from loss. If you learned, while growing up, that feelings should not be shared, you may find grief additionally challenging. You can experience grief from the loss of health, a teenager growing up and leaving home, a change in life status, no longer feeling safe after a violent incident, loss of possessions, or a change in environment. Grief doesn't come with instructions, but if it did it might include the following: 1) Talk about what you're feeling, even if it's hard to identify 2) Ask loved ones for help and support. 3) Take care of your daily responsibilities so you do not later feel even more overwhelmed. 4) Try to get regular exercise. 5) Eat healthy foods and get plenty of sleep. 6) Do not use alcohol to manage emotions related to grief. 7) Stick with your routine or get back to it soon. 8) Do consider postponing important decisions in the acute stages of grief. 9) Seek professional help as a source of support.

## Just Do It: Explained!

**Y**ou've heard of the "just do it" motivation technique. Most people don't understand that there are *two parts* to this simple "take action" strategy. Whether it's sticking to an exercise program or trying to clean out a messy garage, this technique can get you moving if you visualize yourself doing the task while simultaneously act on it. *Avoid trying to "motivate" or "psych" yourself into wanting to do it.* Trying to motivate yourself undermines your goal. Why? It is difficult to overcome resistance to something your brain knows is inherently "painful". Instead, win over this resistance with success and feel motivated as *a result of taking action.*



Source: *Why Can't I Change*, available at [www.thinkingthingsdone.com](http://www.thinkingthingsdone.com).

## Tempted to Quit Your Job?

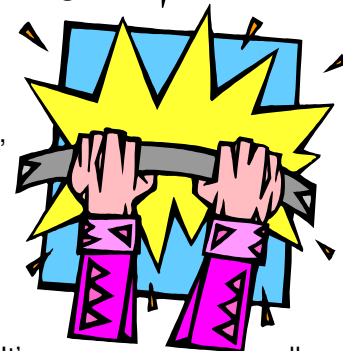


**A** lot of people have the impulse to quit their jobs

out of anger, but if the urge ever strikes in the heat of the moment, take a minute to cool down and consider the following before making a decision: 1) You're angry now, but will you be able to work with the people around you going forward? 2) Can the EAP help you examine issues you are facing that are prompting a desire to quit? 3) What are the chances that things will change or can be changed for the better soon? 4) Is this the job that can take you forward toward your goals? 5) What immediate needs does your job fill? Suddenly quitting a job is not like in a TV show. Almost always, the stakes are high if you quit. You risk entering a pool of other job seekers and the loss of the potential of a positive work reference. Before you act, consider your options. Avoid emotional anguish, relationship stress at home, and the financial impact of suddenly leaving your employer, especially if you don't have another job lined up.

## Exercise for Brawn and Brain

**Exercise is not** underrated, but it is undersold. Physical stamina, strength, and endurance are all known benefits of exercise. But what about increased mental acuity, neuropathway creation, improved mental stamina, and improved cognitive functioning? It's all there. Research increasingly points to the benefits of exercise for improved brain functioning. If increased physical stamina alone isn't enough to get you moving, knowing that it may help you think better should give you second thoughts!



Source: [Womenshealth.gov](http://Womenshealth.gov), Search: "Fitness Boosts Brain Power".